

BITE TO EAT

ALL DAY MENU

Granola Bowl GF, VGO

Greek yogurt + seasonal fruits	8.5
Coconut yogurt + seasonal fruits	10.5
Add honey +.50	

Smoothie Bowl VG

Gluten free granola, seasonal fruits with your choice of smoothie base - see list of smoothies under beverages	14
Add peanut butter or nutella +2	

Toast with Preserves GFO +2

Sourdough, with choice of strawberry jam, peanut butter, vegemite or honey	4
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Sourdough Crumpets

With butter, jam or honey	1pce	2pce
	4.5	8.5
Honeycomb + macadamia butter, lemon myrtle curd or smashed avocado	7	12.5

Ham + Cheese Croissant

Add tomato +1.5	8.5
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Mushroom Croissant V

Butter croissant, garlic mushrooms, halloumi + pesto	9.5
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Avocado Toast VG, GFO +2

Sourdough toast, smashed avocado, dukkah lemon	1pce	2pce
	8.5	14
Add danish feta +2.5 balsamic +.50 egg +2.5 bacon +5 smoked salmon +5		

Breaky Brushchetta V

Red onion, tomato, basil, balsamic, feta, balsamic glaze	14
Add egg +2.5 bacon +5 halloumi +4	

Salmon Bagel

Smoked salmon, cream cheese, mixed lettuce. Add red onion +.50	9.9
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Breaky Roll

Bacon, egg, hash brown, tomato relish, spinach + cheese. Add avocado +3	10.5
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Falafel Wrap VG

Falafel, red onion salsa, hummous, chargrilled capsicum, sweet chili sauce + mixed lettuce	12
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Gourmet Chicken Wrap

Spiced chicken, sundried tomatoes, red onion, cheese, aioli + mixed lettuce	12
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BLT Sub

Bacon, lettuce, tomato + cheese on a turkish sub with your choice of two sauces	10.5
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Beef Burger GFO +2

Beef patty served on a gourmet brioche bun with cheese, tomato, red onion, mixed lettuce, garlic aioli + secret burger sauce. Add avocado +3 fries +5	13
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Veggie Meet Burger VGO, GFO +2

Plant based patty on a gourmet brioche bun with cheese, tomato, red onion, mixed lettuce, garlic aioli + secret burger sauce. Add avocado +3 fries +5	13
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Chicken Salad GF

Marinated chicken, sundried tomato, cucumber, feta, mixed lettuce + french dressing	15
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Power Quinoa Salad V, VGO, GFO

Tri-colour quinoa, roasted pumpkin, sweet potato, red onion, tomato, cucumber, feta, avocado + mixed lettuce with a mustard honey dressing	17
Add extra chicken +5	

Assorted Pies

	7
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Sausage Rolls

	4
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EXTRAS

Smashed Avocado

	3
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Ham | Marinated Chicken | Bacon |

	5
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Smoked Salmon

	4
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Halloumi

	2.5
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Feta

	1.5
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Tomato

	.50
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Red Onion

	2.5
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Hummous

	5
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Fries

SWEET TREAT

Cookies 3 for \$5

	2
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Homemade Banana Bread

+ toasted with butter	4
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Bliss Balls GF, V, VE

	4.5
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Chocolate Bar

	2.5
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Assorted Baked Daily Pastries see cabinet

BEVERAGES

SOMETHING HOT

Espresso	3.9
Macchiato	4
Long Black	4 5
Flat White	4 5
Latte	4 5
Cappuccino	4 5
Organic Hot Chocolate	5.5 6.5
Chai Latte	4.5 5.5
Dirty Chai	5 6
Organic Turmeric Latte	4.5 5.5

TEAS

Green	3.5
Chai	3.5
Peppermint	3.5
Lemon Grass + Ginger	3.5
Chamomile	3.5

JUST CHILLIN

Iced Latte	5
Iced Chocolate	4.5
Iced Mocha	6
Add Ice Cream +1	
Iced Long Black	4.5
Iced Chai	6
Milkshakes make large +1	6
Choc Vanilla Strawberry Caramel	
Soft Drinks	2.5
Cold Pressed Juice	6.5
Coconut Water	4

ADD MORE

Espresso Shot	.50
Decaf	1
Baby Chino	1.5
Maple Syrup or Honey	.50
Syrups	.70
Hazelnut Vanilla Caramel	

SMOOTHIES

Regular	9
Large	10.5
Make it a bowl GF, VGO	14
Gluten free granola + seasonal fruits	

Berry Delight

Mixed berries, mango, chia seeds with your choice of milk, coconut water or apple juice

Lean + Green

Spinach, kale, super greens, banana with your choice of milk, coconut or apple juice

Turmeric Coconut

Turmeric, banana, mango, honey, MCT oil with coconut milk

Bananarama

Banana, honey, cinnamon with your choice of milk

Espresso Nana

Coffee shot, organic chocolate, peanut butter, banana, honey, with your choice of milk

Classic Açaí

Amazonia Açaí (unsweetened) banana, berries, chia seeds with coconut water or apple juice

ADD MORE

protein powder +2 | greens powder +2
peanut butter +1 | coffee shot +1 | nutella +2
honey +.50

MILK ALTERNATIVES

Coconut, Almond, Macadamia, Lactose Free, Soy	.70
Oat	1

